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Christmas goodies: how to choose the better of two evils

Will it be ham or turkey? Candy cane or truffle? Dietitian Gloria Tsang explains healthier choices

Jenny Lee, Vancouver Sun

Which is better? Vancouver registered dietitian Gloria Tsang examines some favourite Christmas treats.

Ham or Turkey: Skip the turkey skin and you've got a low-fat meat with lots of nutrients. Ham generally contains 15 times more sodium than the same amount of turkey and also contains nitrates, a controversial ingredient linked in some studies to cancer.

Soft cheese or hard cheese: If you're counting calories, choose soft cheese, but if you're after calcium, eat the hard.

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Gingerbread cookies or chocolate-dipped shortbread: Gingerbread cookies usually contain half the calories, sugar and fat found in chocolate-dipped shortbread.

Candy cane or truffle ball: The candy cane is 100 per cent sugar, has 55 calories and lasts forever. The dentist won't like it. The truffle ball contains about 85 calories and will contain some antioxidants if it's made with good dark

chocolate.

Red wine or white wine: Red grapes are loaded with antioxidants shown to increase good cholesterol and prevent blood clotting. White wine doesn't contain beneficial antioxidants.

Wine or beer: A 12-ounce can of beer has 150 calories. A five-ounce glass of wine contains 140 calories. In comparison, a glass of juice has 150 calories and a can or regular pop has 160 calories.

jjlee@png.canwest.com

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Top Sports Stories

Playoff woes continue for Burris
The third time in the CFL's West Division semifinal wasn't the charm for Calgary Stampeders quarterback...

- Higgins' future unclear
- Stamps almost stole victory
- Costly penalty sinks Stampeders
- Popp may stay in Montreal
- Romero unloads on offence
- Argos nonchalant about Bombers
- Dickerson joins hair-raising Leos
- Jimenez deserves punishment: Higgins
- Full CFL coverage

Five-game skid has Flames reeling
Despite the new coach and the new players, the Calgary Flames marched manfully through October.

- Blackhawks edge Red Wings
- Miller picks up his play
- Messier in class by himself
- Confidence boost helps Komisarek
- Senators extend amazing run
- Snub baffles Anderson's teammates
- Woes continue for Toskala
- NHL notebook
- Full NHL coverage
- Fantasy: Daily slate

Top Motorsport Stories

Minor traffic violation gets Ottawa student jailed
A 23-year-old Carleton University master's student is outraged and demanding an ...

- Tips for driving abroad
- Gallery: Follow foreign road rules

Top Entertainment Stories

Ramping up the drama on the dance floor
The final five pairs are gearing up for another two-dance night on Dancing with ...

- Gallery: Dancing's competitors
- Do celebs make DUIs seem normal?
- Winehouse attends hubby's hearing
- Seinfeld is king bee at box office

Top Technology Stories

Cyber bullying bedevils Japan
For many Japanese children, a cell phone is a social lifeline they can't imagine...

- Read the story
- Toys aren't just for kids anymore in Japan
- Networking for 6-year-olds in "online sandbox"
- Easy MySpace access worries teachers
- Eating disorders rampant on social networking sites

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